

DAILY SCHEDULE SAMPLE (13 Months–3



Years Olds) | 8:30 AM – 5:00 PM

Time	Activity	Description
8:30 AM – 9:00 AM	Arrival, Free Play & Individual Skill Time	Children arrive, engage in free play with age-appropriate toys, focusing on developing fine motor skills and self-expression. Teachers provide individualized attention and encourage self-discovery.
9:00 AM – 9:30 AM	Circle Time (Songs, Colors, Numbers, Stories)	Group circle time featuring songs, simple number and color recognition, and story reading. This builds listening skills, language, and cognitive abilities.
9:30 AM – 9:40 AM	Diaper Change #1	First morning diaper check/change to ensure comfort
9:40 AM – 10:00 AM	Wash Hands, Morning Snack	Children wash their hands before enjoying the morning snack. Teachers encourage self-feeding and polite manners.
10:00 AM – 11:00 AM	Creative Play (Montessori), Learning Activities	Engaging activities like stacking, sorting, building, or simple puzzles to enhance cognitive and motor skills. Montessori-inspired activities encourage independence and problem-solving.
11:00 AM – 11:30 AM	Outdoor Play (Weather Permitting)	Outdoor activities such as running, climbing, and playing with balls. If weather doesn't permit, alternative indoor physical activities are provided.
11:30 AM – 12:00 PM	Wash Hands, Lunch Time	Children wash hands and sit together for a nutritious lunch. Teachers model proper table manners and foster social skills through shared meals.
12:00 PM – 12:30 PM	Clean Up, Potty & Diaper Change (Prepare for Nap)	After lunch, children clean up their area. Potty-trained children are guided through using the restroom; diapers are changed as needed.
12:30 PM – 2:00 PM	Nap/Rest Time	Quiet time with soft music or stories. Children are encouraged to rest, and nap time is provided based on each child's individual needs.
2:00 PM – 2:30 PM	Diaper Change, Wash Hands & Afternoon Snack	After resting, children are changed and refreshed. A healthy snack is served to re-energize them.
2:30 PM – 3:30 PM	Outdoor Play or Indoor Group Activities	Outdoor play if the weather is nice, such as group games or exploring nature. Indoor activities may include group games or a dance party.
3:30 PM – 4:30 PM	Arts, Crafts, or Sensory Play	Creative expression through art, crafts, or sensory activities (e.g., finger painting, playdough). Encourages imagination and fine motor skills development.
4:30 PM – 5:00 PM	Children Departure/Parent Pickup & Daycare Close	A calm wind-down period where children prepare to leave. Teachers share updates with parents, and children are helped with their belongings as they depart.